Lake Granbury Medical Center
Commitment Statement
National Academy of Medicine Action Collaborative on Clinical Well-being and Resilience

Lake Granbury Medical Center (LGMC) is a rural community-based hospital located in the heart of Granbury, Texas. The hospital serves the patients located in the Hood, Somervell, and Erath County residents in Texas. It is the first one to receive accreditation from the Accreditation Council for Graduate Medical Education in Hood County.

LGMC is committed to provide well-being resources and techniques in order to inform participants on the signs and symptoms of burnout, stress and fatigue. All of our Graduate Medical Education (GME) programs will be able to participate in all the well-being initiatives. They will allow open conversations between all of them and share any experiences that they would like to bring forward. This will be a safe space for all.

With the creation of a curriculum, participants will be able to have access to different materials that will help them learn more about resiliency, mental/emotional health, stress management, and mindfulness. Participants will be encouraged to offer their comments about the materials and even present new ideas and materials in order for this information to be updated often.

Objectives:

Promote well-being of members of the GME Community by:

1. Presenting information and resources in support of well-being, such as in finance, career planning, nutrition, grief, guilt, and communication.
2. Addressing risk factors
3. Providing protected time for residents to attend medical, dental, and other appointments necessary for their health and well-being.
4. Promoting patient safety by enhancing well-being of members of the healthcare team.
5. Providing opportunities focused on well-being for residents, faculty and staff to interact.
6. Providing access to resources for counseling, such as Employee Assistance Program, access to the Care Team at UNTHSC, and other healthcare providers.
7. Providing wellness coaching.